

### Opptaksøvelse i responsteamet

NGRT initiation exercise

Anders Westlund describes his participation in the NGRT initiation exercise in June, together with Marek Vokac, Oskar Gryting Vokac and Tommy Nilsson (from Sweden).

The goal of the exercise was to become familiar with the rescue team's equipment and methodologies:

Knots, Braking devices and jammers. Simple pitch rigging. Rope marking for pitches rigged with multiple ropes. Hauling systems, Stretcher loading. With a practical exercise of the above on a 40m pitch.

The exercise was started indoors at Svein's house, where the participants practiced building a hauling rig. Afterwards, they practiced loading and unloading the stretcher, using Marek as a dummy casualty.

After the indoor session, the team went to Olafshølet to practice building a hauling rig, and successfully hauled and lowered Birk (a heavy Birch tree trunk) up and down the 40m pitch. All team members passed with flying colours.